

# Messin' Around

拍数: 48      墙数: 4      级数: Improver  
编舞者: Martin Ritchie (UK)  
音乐: Mess Me Around - JW Houston



## **SIDE, TOUCH, SIDE, TOUCH, BACK, HEEL, STEP, SCUFF**

- 1-2      Step right to right side, touch left toe together
- 3-4      Step left to left side, touch right toe together
- 5-6      Step back on right foot, tap left heel forward on left diagonal
- 7-8      Step left foot together, scuff right foot forward

## **STEP, ½ PIVOT, STOMP, STOMP, HEEL, HOME, HEEL, HOME**

- 9-10      Step forward on right foot, pivot ½ turn left on balls of feet
- 11-12      Stomp right foot together, stomp left foot in place
- 13-14      Tap right heel diagonally forward, step right foot together
- 15-16      Tap left heel diagonally forward, step left foot together

## **GRAPEVINE RIGHT, SCUFF, GRAPEVINE ¼ LEFT, SCUFF**

- 17-18      Step right to right side, cross step left behind right
- 19-20      Step right to right side, scuff left foot forward
- 21-22      Step left to left side, cross step right behind left
- 23-24      Step left to left side with a ¼ turn left, scuff right foot forward

## **BOX STEP, HEEL SPLIT, HEEL SPLIT**

- 25-26      Cross step right in front of left, step back on left foot
- 27-28      Step right to right side, step left foot together
- 29-30      On balls of feet: swivel heels out, swivel heels together
- 31-32      On balls of feet: swivel heels out, swivel heels together

## **BACK, TOUCH, BACK, TOUCH, FORWARD, TOUCH, FORWARD, TOUCH**

- 33-34      Step diagonally back on right foot, touch left together and clap
- 35-36      Step diagonally back on left foot, touch right together and clap
- 37-38      Step diagonally forward on right foot, touch left together and clap
- 39-40      Step diagonally forward on left foot, touch right together and clap

## **RIGHT GRAPEVINE, STEP, HOP, HOP (ON LEFT), STOMP RIGHT, STOMP RIGHT**

- 41-42      Step right to right side, cross step left behind right
- 43-44      Step right to right side, step left foot together
- 45-46      Hop (scoot) forward on left foot hitching right, hop forward on left foot hitching right
- 47-48      Stomp right foot next to left, up-stomp right foot in place

### **Low impact version:**

- 44      Scuff left foot forward
- 45-46      Step left foot forward, scuff right foot forward.
- 47-48      Stomp right foot next to left, up-stomp right foot in place

## **REPEAT**

## **TAG**

On the 4th wall only, dance just the first 16 counts, then restart the dance from count one

## **FINISH**

If you want to finish the whole sequence with the music and facing the front wall:

You will have just started a sequence up to and including count 12. After the stomps; step forward on right, pivot  $\frac{1}{4}$  turn left, stomp right foot together.

---